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OPP search for mother of baby left in car

ROCKLAND Ontario Provincial Police in Rockland are searching for the mother of an infant who was left alone inside a car under the blazing noontime sun yesterday.

According to police, a passerby heard the infant crying inside a parked vehicle in front of the Jean Coutu pharmacy in Rockland.

The doors of the vehicle were not locked, so the passerby removed the baby, who was around two months old, from the vehicle.

As she did that the mother came out of a nearby establishment, claimed her child and left the scene, said OPP Const. Bernard Montpetit.

The passerby told police that it was five minutes between the time she observed the child and the time the mother came out.

"From what the passerby and the complaint said, the infant had probably been there longer due to the fact that it was already red, very warm and had been sweating profusely," said Montpetit.

TIM WIECLAWSKI/METRO OTTAWA

Your Money pg 10

Savings, and tastings, too

Celebrity Buzz pg 18

Kristen, Rob cozy off set

2010 Olympics **New duds for Team Canada revealed**

KRISTEN THOMPSON/METRO CANADA

Seven-year-old Elisa Testa wears the new 2010 hockey jersey at the University of British Columbia's Thunderbird Arena. Team Canada's 2010 Olympic and Paralympic hockey jerseys were unveiled yesterday in Vancouver by Hockey Canada.

'Diligence' being taken for LRT plan: Minister

Province reviewing project, but MPP concerned with costs

TIM WIECLAWSKI
tim.wieclawski@metronews.ca

The $5-billion estimated cost of the city's proposed rapid transit network is a reason to take time when reviewing the project, said the province's minister for Municipal Affairs and Housing.

Following his speech at the Association of Municipalities of Ontario annual conference yesterday, Ottawa West Nepean MPP Jim Watson said he was concerned with the cost of the plan, which is around five times greater than the original transit plan.

"I want to make sure that we have the estimates right on things like the tunnel," he said.

Watson said he did not want to be in a position, where in a few years, the tunnel ends up costing two or three times more than the original estimate.

Watson said he couldn't give a date as to when the province would get back to the city with a response for funding the project. He said the ministries of Transportation and Energy and Infrastructure are reviewing the plan.

"It took years to get the plan in place, it's going to take months to do the due diligence to make sure we have the answers to questions," he said. "This is a very significant amount of tax dollars and we want to make sure we get it right."

However, Watson said the province is prepared to provide funding on top of the $200 million that was set aside for Ottawa's rapid transit network several years ago.

John Baird, the Minister of Transport, Infrastructure and Communities reiterated the federal government's $200-million commitment and said he would be willing to go to bat for more funding.

"I think it's better costed than the previous plan," he said. "We want to be there for the city, but obviously every level of government has financial limitations."

Assessment

- The city is in the midst of an environmental assessment for the downtown Ottawa transit tunnel to determine the potential effects of the tunnel on the environment, and any strategies to offset the negative impacts. A report from the study is expected in January 2010.

Facebook privacy dispute easing

REPORT Facebook has given Canada's privacy commissioner formal assurances that it is tightening up control over how people's personal information is treated on the huge, social networking site.

The promises, delivered yesterday along with a schedule for improvements, appear to be a sign that this Canadian privacy dispute with Facebook will not escalate into a Federal Court case.

Yesterday was the 30-day deadline for Facebook to respond to a strongly worded report issued last month by Canada's privacy commissioner, Jennifer Stoddart, criticizing how people's personal information was being treated by the global giant in online friendships.

If Stoddart is not happy with Facebook's response, she has 15 days to decide whether to get the Federal Court of Canada involved.

About 12 million Canadians use Facebook to connect with friends and colleagues. Canada, with Stoddart's report, became the first country in the world to try to put some legal boundaries on the use of personal information on the site.

Alexandra Brown, a Toronto spokesperson for Facebook, said over the past month, the two sides have reportedly been working well together, with privacy commission officials paying a visit to Facebook headquarters in Palo Alto, Calif., to negotiate a compromise.

"I know there's been lots of discussion and there will continue to be discussion over the next 15 days," Brown said.

TORSTAR NEWS SERVICE

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Bag of cash returned to owner
An owner was reunited with a lost bag of cash after a pedestrian found a blue bag on the ground filled with money at the corner of Teron and Eagleson roads last week, OPP said yesterday. The pedestrian turned the bag in to police. METRO OTTAWA

Local

Man faces charges in hockey fraud case

Ottawa police have charged an Ottawa man with fraud-related offences after investigating a complaint from the Leitrim Minor Hockey Association. In 2006, the association complained that funds had gone missing or had been misappropriated between 2004 and 2006. A man now faces charges, including two counts of each fraud over $5,000, forgery and uttering forged documents, and one count each of possession of proceeds obtained by crime over $5,000, criminal breach of trust, and theft by person required to account. David Lawrence Barker, 54, appears in court Sept. 28. METRO OTTAWA

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Train engine fire cuts ride short

RICHMOND More than 320 people aboard an Ottawa-bound Via Rail train had their ride cut short after the train's engine caught fire in Richmond Sunday night.

Ottawa police said yesterday that at 8:30 p.m., a Via train had an engine fire in the area of McBean and Ottawa streets.

Ottawa firefighters contained the fire and paramedics treated 13 passengers for minor injuries at the scene, including joint injuries, allergic reactions, diabetes, anxiety, and bug bites and minor abrasions from hiking out to the road.

The two engineers that were in the cab of the locomotive at the time of the engine fire suffered minor smoke inhalation injuries. They are in stable condition in hospital.

TRACEY TONG/METRO OTTAWA

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WHAT'S ONLINE TODAY

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Workplace injuries targeted

Provincial inspectors to focus on hazardous chemicals

TRACEY TONG
tracey.tong@metronews.ca

In a bid to lower the number of workplace injuries and the incidences of occupational illness, the province announced a blitz to focus on hazardous chemicals in workplaces at Algonquin College yesterday.

Beginning in September, Ministry of Labour occupational health and safety inspectors will focus on hazards involving disinfecting chemicals like chlorine, dry cleaning solvents, metalworking fluids and detergents in all workplaces, including swimming pools and spas, dry cleaning operations, metal fabrication shops and health-care facilities.

The initiative is a part of the province's Safe at Work Ontario program announced in 2008. Keeping workers safe means increased productivity for Ontario's economy and less strain on the province's health-care system.

"Hazardous chemicals are a fact of life in many workplaces, but correctly handled, they should not cause harm," said Ontario Minister of Labour Peter Fonseca. "We are determined to eliminate all workplace injuries, including injuries and illnesses related to chemical exposure."

TRACEY TONG/METRO OTTAWA

Algonquin College truck and coach technician instructor Jason Pugh, left, points out some features at the college's automotive shop for Ottawa West Nepean MPP Jim Watson, centre, and Ontario Labour Minister Peter Fonseca yesterday.

In the last 10 years, more than 23,000 workers suffered lost-time injuries related to chemical hazards, said Fonseca.

"This has hurt our productivity as a province," he said. "Our goal is to keep workers healthy and safe."

"Everyday, 715 workers in Ontario are injured," said Ottawa West Nepean MPP Jim Watson. "What we can do is reduce the numbers — it's good for the employees, it's good for the employers and it's good for the families of employees."

Although Watson said the number of workplace injuries is going down, "I think we have to be more aggressive," he said. "We still have work to do."

But the campaign is about prevention and being proactive, he said.

Fonseca agreed. "Safe at Work works with employers so that everyone knows when the blitz is coming up," he said.

"It's a proactive approach to find areas that we need to improve on."

Safety musts

- The inspectors will check to ensure workers have been trained to work with chemicals, that chemicals are stored safely and labelled properly, and that protective equipment, such as respirators and eye-wash stations, are available.

Baird won't take 'pot shots' at city regarding sewage repair

RIVER Ottawa West Nepean MP John Baird is happy to pump money into fixing city sewage, but you won't catch him swimming in the Ottawa River just yet.

While he would not criticize the speed with which the city was fixing its sewers in order to eliminate sewage spills into the river, Baird was elusive when asked if he'd take a dip in the water after his speech at the Association of Municipalities of Ontario annual conference yesterday.

Reports of occasional sewage spills into the river have made headlines over the last few years. The largest spill was in August 2006, when a jammed gate released nearly a billion cubic litres over 12 days.

Baird said the problem would not be solved overnight.

"I'm not going to sit on the sidelines and take pot shots. We want to be part of the solution," said Baird.

Earlier this month, Provincial Minister of Municipal Affairs and Housing Jim Watson criticized the city for not doing more to address the problem sooner, and he received more than 70 messages from constituents praising him for speaking up.

Those comments riled Alta Vista Coun. Peter Hume, who called Watson's comments "uninformed and unsubstantiated."

TIM WIECLAWSKI/METRO OTTAWA

Economist sees end to recession

FORECAST "One of the more turbulent economic periods in Canadian history" is about to end, according to one of the foremost authorities on the nation's economic performance.

The good news is that while the recession, "which is particularly nasty in Ontario, is about to end," said Don Drummond, senior vice-president and chief economist of TD Bank Financial Group, "the bad news is that it's still going on elsewhere."

With an economy more similar to the U.S. than the rest of Canada, Ontario was hit hard during the recession, said Drummond, who was a keynote speaker at the Association of Municipalities of Ontario conference here yesterday.

So far, there have been 414,000 job losses in Canada during this recession, "a disproportionate number of which are in Ontario," Drummond said. One of the reasons for this is the Ontario's automobile industry — 90 per cent of the vehicles manufactured here are destined for the U.S. market, he said.

The recession has hit manufacturing the hardest out of all the sectors, and most manufacturing jobs in Canada are in Ontario, he said. He said he expects the number of job losses to rise to 507,000 before the recession is over, and for the unemployment rate to hit 10 per cent by the end of this year.

But while Ontario workers may see a boom in the welfare caseload, Drummond said home prices are surprisingly resilient. The demand for homes is strong, which proves it works to keep interest rates low, he said.

TRACEY TONG/METRO OTTAWA

Man critical after theatre plunge

A 27-year-old man is in critical condition after he fell more than nine metres from the second floor of a Toronto movie theatre Sunday night. According to witnesses, the man was descending on the escalator when he decided to hoist himself onto the moving handrail in order to ride it down. TORSTAR NEWS SERVICE

Canada

Letter arrives very late

A letter mailed Aug. 22, 1992 from an Islamic mosque in Toronto arrived last Thursday in the mailbox of Ghulam Sajan — less than a kilometre away. Only the first part of the postal code was scribed. The rest, it seems, took 17 years, less a few days, to figure out. The letter carried a donation receipt for aid in Bosnia. Albert Lee, communications manager for Canada Post, says letters are delivered within standard time, more than 96 per cent of the time. TORSTAR NEWS SERVICE

Canada needs tough health czar: CMA

SWINE FLU The Canadian Medical Association Journal says Canada needs a national health czar with the power and independence to make unpopular but necessary decisions about influenza A (H1N1), also known as swine flu.

"National leadership is needed in all countries," the journal's editor-in-chief Dr. Paul Hébert wrote in an editorial published yesterday. "A visible independent health czar, with executive powers across all jurisdictions and who is ultimately accountable to the highest office in the country, must be in place."

Hébert said the health czar would be in charge of co-ordinating response to the swine flu pandemic if it resurges with a vengeance this fall.

He also urged the government to make its list of priority groups who will receive the vaccine first.

Ottawa has an agreement with pharmaceutical company GlaxoSmithKline Inc. to produce H1N1 vaccine. TORSTAR NEWS SERVICE

Pet food policy questioned

Ottawa maintains industry should police itself despite massive recall

More than two years after a massive recall of tainted pet food, the federal government maintains that the domestic pet food industry should continue to police itself.

And although some new rules came into force this summer, veterinarians and pet owners wonder if Ottawa has done enough to prevent a repeat of the events that led to the death of hundreds of North American cats and dogs.

"Regulation is a big word. It can be used in many, many, many instances."
Francine Lord, Canadian Food Inspection Agency

In March 2007, Mississauga-based Menu Foods recalled 60 million cans and pouches of pet food, manufactured in the United States and sold under 95 brand names, after reports of kidney failure and death among dogs and cats. The food was found to contain wheat gluten from China contaminated with melamine, a chemical used to make plastics and pesticides. At the time, then-agriculture minister Chuck Strahl pointed out the contamination occurred even though the U.S. Food and Drug Administration regulates pet food quality south of the border.

At Ottawa's request, the Canadian Food Inspection Agency consulted with stakeholders including the Canadian Veterinary Medical Association, the pet food industry and other government agencies and departments to see whether more regulation was needed.

"Regulation is a big word," Francine Lord, the agency's deputy chief veterinary officer and director of the terrestrial animal health division, said in an interview. "It can be used in many, many, many instances."

TORSTAR NEWS SERVICE

Beer billboard bashes Big Smoke

ADVERTISING It may have been hot out there in Toronto, but in B.C., the view is that most in that city are pretty cold.

A new billboard advertising campaign in B.C. has turned some heads with the slogan that Coors Light is Colder than most people from Toronto.

The slogan caught Newmarket resident Kathryn Morton by surprise.

"That's pretty insulting to such a large group of people," said Morton. "We hear stuff about Toronto people all the time but we couldn't believe anyone would put it on a billboard."

Morton who grew up in Kamloops, where she said it was common for people out west to make fun of Toronto, saw the billboard when she was back on a family camping a couple of weeks ago. Her 16-year-old son Stuart spotted it first.

"He realized the political incorrectness of it," said Morton. "What bothered us was we saw the Olympic logo on the billboard. This isn't a great way to bring in people to the province."

The Toronto line is only out in B.C. and is one of four different slogans on Coors Light's 358 billboards in the province.

Marketing expert Paul Cubbon said it's likely the people behind the billboards wanted to generate talk. TORSTAR NEWS SERVICE

Moscow **Space training**

SERGEI REMEZOV/REUTERS

Guy Laliberte, left, Canadian billionaire owner of Cirque du Soleil, and Barbara Barrett, his back-up crew member, prepare for exercises at the Star City space centre outside Moscow yesterday. Laliberte is on the countdown to become Canada's first space tourist.

Tale may prompt charge

POLICE From the beginning, there was something fishy about Marcia Simmons' story, said RCMP officer Sgt. Dave Vautour, who is based in Woodstock, N.B.

The first red flag: How could someone sit in the back of a car for 17 hours without going to the bathroom?

The second: The 44-year-old teacher said she stopped for gas four times after she was hijacked in New Brunswick and ordered to drive to Toronto — why wouldn't she run for help?

By the time Simmons got to the part where she and her alleged captor arrived in Toronto — then he forced her to drive aimlessly around for three hours — investigators had serious doubts.

Yesterday, the RCMP announced Simmons had recanted the story on Saturday. She in fact was not abducted by an armed man outside a Woodstock, N.B., campground and forced to drive to Toronto.

"She said she went for personal reasons, which she has not disclosed to us," said Vautour.

Now the RCMP is pushing to charge the woman with public mischief after they worked on the woman's case, said Vautour. TORSTAR NEWS SERVICE

'Lola' to appeal alimony ruling

COURTS On behalf of all Quebec women, "Lola" is going to appeal.

Having lost her case in Quebec Superior Court as she attempted to win spousal support from her high-profile, billionaire common-law ex-husband, the former model is steadying for a long fight, to the Supreme Court of Canada, if necessary.

Lola and "Eric," as they have been branded since their identities cannot be revealed to protect the three children they had together, fought last winter in court with Eric accusing Lola of trying to smear his reputation. TORSTAR NEWS SERVICE

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Hurricane Bill gains steam, nears Bermuda

Hurricane Bill, the first hurricane of the 2009 Atlantic season, revved up quickly as it headed towards Bermuda yesterday. Bill is steering well clear of the U.S. Gulf energy fields on a path that will take it north of the Caribbean islands in the general direction of Bermuda. REUTERS

World

UN compound attacked

Suspected Islamist rebels attacked a UN World Food Programme compound in southern Somalia, witnesses said yesterday, but UN guards fought back and shot dead three of the assailants. One official said about 10 heavily armed men attacked them overnight in Wajid, 70 kilometres northwest of Baidoa. REUTERS

Militia leader backs Karzai in vote

One of Afghanistan's most notorious militia leaders threw his support behind President Hamid Karzai yesterday, the final day of campaigning for this week's tense election.

With the outcome of Thursday's ballot hanging on the threat of Taliban-led violence and the clout of old militia chiefs, Karzai's main rival Abdullah Abdullah staged an equally frenetic rally in the capital, Kabul.

In the north, thousands gave a rapturous welcome to former Uzbek militia chief Gen. Abdul Rashid Dostum, who jetted back to Afghanistan on Sunday from exile in Turkey.

"We need to go with Hamid Karzai into the future," Dostum told cheering supporters in Shiberghan, his home city.

LUCY NICHOLSON/ REUTERS

A boy cleans teapots in front of election posters in Kabul yesterday. Afghanistan's presidential election will be held on Thursday.

Dostum's backing could deliver enough support to swing the election for Karzai in a single round, despite grave fears expressed by the United States and the United Nations over Dostum's possible return to a position in government.

Polls have shown Karzai firmly in the lead with about 45 per cent of the vote, but not enough to win an outright majority and avoid a run-off against Abdullah, Karzai's former foreign minister.

REUTERS

Militant threats

- The prospect of violence could hurt President Hamid Karzai's first-round chances. Taliban militants have vowed to disrupt the poll, which could hurt voter turnout, especially in the Pashtun south which has overwhelmingly supported Karzai in the past.

Iranians protest paper's closure

TEHRAN Iranian police used batons to disperse dozens of opposition supporters chanting "death to the dictator" in central Tehran yesterday to protest against the closure of a reformist newspaper, a witness said.

The latest unrest after Iran's disputed June 12 vote took place near the offices of the Etemad-e Melli, the daily of leading pro-reform cleric Mehdi Karoubi.

Karoubi angered hardliners last week by saying some post-election protesters had been raped in jail. His party said yesterday the paper had been temporarily shut down, and the prosecutor's office later confirmed this.

REUTERS

Employees sit at the office of the Etemad-e Melli newspaper, in Tehran yesterday.

The witness said he had seen police beat two young men who were in one of several groups of protesters.

REUTERS

Bomb kills 20 in southern Russia

INGUSHETIA A suicide bomber killed 20 people and wounded 138 in Russia's Ingushetia region yesterday, turning a simmering Islamist insurgency into the biggest test of Kremlin control of its southern flank.

"Every day something happens on (Ingushetia's) ... territory," President Dmitry Medvedev told senior officials in the city of Astrakhan. "And they are all links in the same chain, all consequences of terrorist activity."

Medvedev sacked Ingushetia's interior minister after the bombing, the latest in a string of assaults, linked by analysts to Islamist insurgents, against authorities in Russia's poorest region, bordering Chechnya.

The bomb exploded at the gates of the main police station in Nazran, Ingushetia's largest city, as officers lined up at the start of their day.

Ingush leader Yunus-Bek Yevkurov, who is recovering after a suicide bomb attack in June, said yesterday's blast was aimed at destabilizing the region, which has overtaken Chechnya as Russia's main area of violence in its south.

REUTERS

Deadly flood damages plant

- Ten people were killed yesterday and 62 were missing after a turbine room flooded at Russia's largest hydro-power station, forcing plants in Siberia to turn to emergency power.

Chinese plant stormed over lead poisoning

DONGLING Chinese protesters yesterday broke into a smelting works they blame for the lead poisoning of hundreds of children, smashing trucks and tearing down fences, state news agency Xinhua said.

More than 600 children living near the Dongling metal smelter, in northwest Shaanxi province, have dangerous amounts of the heavy metal in their blood and 154 are so sick they have been admitted to hospital, the report added.

Protests against pollution are increasingly common in China, although police normally try and nip them in the bud before they become violent. In other cases, officials show up and mollify residents with promises of financial or other aid.

Yesterday's protests began after news spread around villagers that the poisoning had sparked a suicide attempt by one 19-year-old student, who drank pesticide after her parents refused to pay for her to take a blood test, Xinhua said.

The government is only offering free tests to children under 14, and there has been no investigation into whether adults might be affected by lead from the smelter, the report added.

REUTERS

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Authorities suspect pot growers started California wildfire
Wildfire investigators in California are looking for marijuana growers tied to a Mexican drug cartel they suspect of igniting a blaze that has charred more than 87,000 acres of a national forest. The La Brea Fire, which erupted Aug. 8 in the Los Padres National Forest, is believed to be the first major wildfire in the state caused by traffickers. REUTERS

Group demands U.K. reveal suspects' names

Human rights lawyers will take legal action against the British government unless it names two men captured by British troops in Iraq who were subsequently moved to U.S. custody in Afghanistan, a charity said yesterday.

Britain has confirmed it handed two suspects to U.S. officials in 2004 and that they were later transferred to Afghanistan, breaching U.S.-British agreements not to move suspects out of Iraq without prior consultation.

But the Ministry of Defence did not name the men — said to be members of Laskhar-e-Taiba, a Pakistan-based group with links to al-Qaida — saying it would violate data protection laws.

"The UK has now admitted that they were complicit in a crime," Clive Stafford Smith, director of the British rights group Reprieve, told reporters. "Having admitted that they have been a party to that, they won't tell us who the victims are."

The charity has written to Defence Secretary Bob Ainsworth asking for the men's names, and says it will sue for disclosure if the government refuses to name them. REUTERS

Involvement questioned

- Britain, a staunch U.S. ally in campaigns in Iraq and Afghanistan, has faced repeated questions about its knowledge of and involvement in the transfer of suspects to third countries by the United States.

Men indicted over theft of 130M credit, debit numbers

FRAUD U.S. authorities announced what they believed to be the largest hacking and identity theft case ever prosecuted yesterday in a scheme in which more than 130 million credit and debit card numbers were stolen.

Three men were indicted on charges of being responsible for five corporate data breaches in a scheme in which the card numbers were stolen from Heartland Payment Systems, 7-Eleven Inc. and Hannaford Brothers Co., federal prosecutors said in a statement.

The suspects also hacked two unidentified corporate victims, the U.S. attorney's office in New Jersey alleged in the statement.

Prosecutors allege Albert Gonzalez, 28, of Miami, and two unnamed Russian co-conspirators targeted large corporations by scanning the list of Fortune 500 companies and exploring corporate websites before setting out to identify vulnerabilities.

The suspects would seek to sell the data to others who would use it to make fraudulent purchases, the statement said. REUTERS

Supporters rally for ousted leader

BANGKOK More than 20,000 supporters of former Thai premier Thaksin Shinawatra rallied in Bangkok yesterday, seeking a royal pardon for the fugitive billionaire. Officials from the United Front for Democracy against Dictatorship gave hundreds of boxes containing a petition bearing 3.5 million signatures to a representative of the king outside the Grand Palace.

"The people are here today not because of me but because they feel fed up with three years of injustice," Thaksin, ousted in 2006 and now in self-imposed exile, told the crowd by telephone. REUTERS

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Comment

Big money owns big media

NationalReport

Whew! What a dull convention. The New Democrats came together on the weekend in Halifax for their biggest party gathering in three years. Some bold moves were forecast going in. Nothing had happened going out. Bottom line — the Dippers are standing pat. There was much talk of broadening the party's reach through a name change or such initiatives as tax breaks for businesses. But in the end it was former leader Alexa McDonough who captured the mood. "The foundation of the party is rock solid," she said. There has to be change, "but what isn't going to change, is our basic values."

The party has made gains in recent elections. The Liberals, under new leadership, appear to be leaving them more room on the left side of the spectrum. Jack Layton is solid. Why take risks?

There wasn't enough momentum from the rank and file to say to heck with third place, let's try and challenge the two major parties.

To do that, changing the name to simply The Democratic Party would have been a risk worth taking. In its current form the party still has a 1960s Woodstock air. Modernization of the image is a must.

These should be ideal times for a party like the NDP. There's a recession, an unpopular war, an environmental crisis with global warming. They are all issues that play to the left.

But besides having the image of an old party they are also saddled with the problem of a lack of media presence. The New Democrats have no big media to sell their message — to sing their song. There's a national newspaper of the right, the National Post.

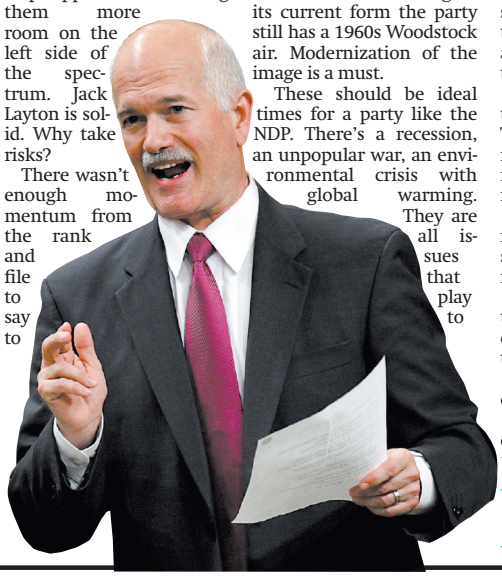
There's one for the centre, the Globe and Mail. There's none for the left. In recent times the Canadian media has drifted to the right.

The NDP is largely ignored — even when the issues of the day run in their favour.

To change this they have to find a way of gaining ownership of media properties.

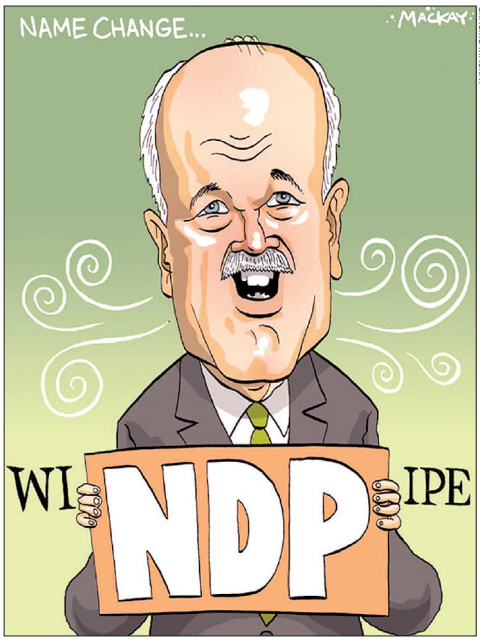
But lefties don't have deep pockets.

Big money runs big media — and that isn't going to change.



NDP Leader Jack Layton

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.



GRAEME MACKAY

Views

Education or invasion? Take your pick against extremism

GlobalView

What's a more potent antidote to extremism: invasions and guns or money for schools?

That was not a trick question and you don't get gold stars for the right answer. My students don't call me heartless for nothing.

Activists have long told us that getting an education was a great way out of poverty and a crucial ally to economic growth and development globally. So it was good to read last week that Canada plans to send Pakistan more aid with a special emphasis on bolstering the Pakistani education system.

About time.

For a stark and bloody reminder of where parents turn when public education fails their children, remember the siege at Lal Masjid standoff in 2007 — not in a remote part of Pakistan but in the capital, Islamabad.

Two radical brothers established a Taliban-style compound that taught its students the virtues of vigilantism and suicide bombings. More than 100 people, including women and children, died after a bloody standoff with government forces.

Schoolgirls who survived were sent back home — many to rural areas without schools for them — where they told reporters they missed their books and where they passed on what they had learned to village children.

Parents wouldn't have sent their girls and boys to the Lal Masjid compound if there were schools nearby.

That gap has been filled by the now notorious "madrassas." In Arabic and Urdu that simply means school. Unlike secular schools, "madrassas" focus on religious education — teaching the children to memorize the Quran for example. That isn't the problem. Rather, it's who funds those "madrassas" and what besides recitation the children learn.

Not everyone who goes to a madrassa blows himself up but I am not naïve enough to think they're all about love and God either.

If poor governments don't invest enough in schools, you can be sure boys get priority when they do. It's either harsh reality — boys can work and support family — or misogyny — in May, 90 Afghan girls were hospitalized with five slipping briefly into comas after the Taliban staged the third poison gas attack in as many weeks on girls' schools. Sometimes it's both.

In a 2004 report, the U.S.-based Council on Foreign Relations explained why girls' education was worth the investment: it delivers huge returns for economic growth, political participation, women's health, smaller and more sustainable families, and disease prevention.

Surely returns like that deserve gold stars?

Mona Eltahawy is an award-winning Egyptian-born commentator and public speaker on Arab and Muslim issues. She reported on the Middle East for 10 years before moving to the U.S.

Worth mentioning

Widow auctions off a burial plot with a view

An American widow is selling her husband's burial spot directly above film legend Marilyn Monroe so that she can pay off her mortgage.

Elsie Poncher has put an advert on eBay to auction off the tomb in Westwood Village Memorial Park, Los Angeles.

"Here is a once in a lifetime and into eternity opportunity to spend your eternal days directly above Marilyn Monroe," says the advertisement.

"In fact the person occupying the address right now is looking face down on her."

The burial plot is currently occupied by the late Richard Poncher, described by his widow as an entrepreneur who bought two tombs from baseball player Joe DiMaggio, Monroe's ex-husband, as the pair were divorcing in 1954.

Marilyn Monroe

Elsie Poncher said she would move her husband's remains over one spot if the sale was successful and she would be cremated instead when the time came.

Bidding for the plot opened at $500,000 and had reached $2.5 million by Sunday. REUTERS

Metro Online Poll Results

19% SAID YES	Has Ottawa been doing enough to help Canadians in trouble abroad? *Weigh in on today's question at metronews.ca*	81% SAID NO

Tell us your views by email to ottawaletters@metronews.ca or comment on metronews.ca or on Twitter @metroottawa
Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

Worldwide stocks take a fall
Global stocks and commodity prices tumbled yesterday after last week's poor U.S. consumer confidence data triggered doubts about the strength of a U.S. recovery. REUTERS

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Canadian dollar drops

The Canadian dollar fell to a one-month low versus the greenback yesterday tracking a slump in stocks and oil in a bout of renewed risk aversion.

Doubts about the pace of global economic recovery prompted the market to seek safety in the U.S. dollar, and pushed the Canadian currency as low as $1.1126 to the U.S. dollar, or 89.88 US cents, its lowest since July 20. The loonie closed at $1.1072 to the U.S. dollar, or 90.32 US cents.

Although the currency managed to cut some of the decline by the close, the global slide in stock markets and hard-hit commodity prices, two factors that often influence the movement of the Canadian dollar, kept up the pressure.

"I think this is just going into the general concern that people have priced in too much of a recovery," said John Curran, senior vice-president at CanadianForex, a commercial foreign exchange dealing firm.

The price of oil slipped to its lowest this month at below $66 a barrel as investors became more cautious about the pace of global economic recovery and any subsequent revival in energy demand.

Risk demand was stung as Chinese stocks extended losses overnight and other stock markets followed suit, including the North American markets.

Toronto's main stock market opened three per cent lower and mostly held those losses throughout the session. REUTERS

Bonds boosted

- Canadian bond prices rose sharply across the curve for a second straight session as stock markets sagged and uneasiness about the strength of the recovery mounted. The rise built on gains made on Friday after a drop in U.S. consumer confidence data persuaded investors to exit equities and seek the safety of government bonds.

Lowe's Profits plummet

JIM YOUNG/REUTERS

A Lowe's home improvement store is seen in the U.S. yesterday. Lowe's posted a 19 per cent drop in quarterly profit yesterday and forecast current-quarter earnings below Wall Street estimates as consumers put off big home projects, sending its shares down more than eight per cent. REUTERS

Cemex cement firm to undergo large-scale debt restructuring

CREDITORS Cemex, the world's No. 3 cement maker, said yesterday it must raise $1 billion in equity by June as part of a $15-billion debt restructuring that has allayed fears of default.

Monterrey-based Cemex will face higher interest rates on its debt owed to banks and an additional $100-million fee if it does not sell the shares by then, executives said during a conference call with analysts. Fears that it would fail to satisfy creditors have hurt Cemex since last year, when the global credit crisis slammed construction markets and made it harder for even the largest emerging-market companies to borrow in dollars.

Cemex had been under immense pressure to reach a deal to extend debt it took on to finance its acquisition of Australia's Rinker in 2007. REUTERS

Agrium extends offer to U.S. rival

FERTILIZER Canadian fertilizer maker Agrium Inc. again extended its hostile offer for U.S. peer CF Industries Holdings Inc. yesterday, disappointing CF shareholders who had been hoping Agrium would boost its bid.

Agrium pushed back the deadline for CF shareholders to Sept. 22, prolonging the two companies' struggle for dominance in the North American fertilizer market. REUTERS

Business in brief

MAGAZINE Reader's Digest Association Inc., whose namesake magazine has been a staple of dentists' offices for generations, said yesterday it planned to file for Chapter 11 bankruptcy for its U.S. businesses as part of a prearranged plan with lenders to cut debt by 75 per cent. The media company has been trying to cut costs since it was bought in 2007 by an investor group led by Ripplewood Holdings LLC.

ENVIRONMENT Nestle Waters North America is selling a new bottled water that it says is better for the environment, and starting a recycling program with Whole Foods Market and Waste Management.

SPACE Defence contractor Lockheed Martin Corp. said yesterday its space systems division plans to cut 800 jobs, or about 4.5 per cent of the unit's workforce, in response to soft demand. REUTERS

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Your Money

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

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Your wine or mine?

The recession inspired me to take the plunge and bottle my own

AlisonOnMoney

Despite a global economic meltdown, wine prices haven't declined perceptibly.

Alison's Money Rule:

- Drink no wine before it's time — especially when you make it yourself. But when it's time to quaff, savour the savings.

Here's my end-of-summer garden party nightmare; a brimming glass of the host's homemade wine and me attempting to keep the wince out of every sip.

One thing about a recession though, it opens your mind to what you didn't think you would ever want to do or drink.

Early summer found me in the fruit scented quarters of Just Wine in Milton, Ont. I had driven by the place for 10 years and never once been tempted.

But I love my wine and despite a reported glut of the good grape plus a global economic meltdown, wine prices haven't declined perceptibly.

So, I bravely ordered two kits, 30 bottles of the best Australian Chardonnay and 30 more of the Napa Valley Stag's Leap District Merlot, part of the Selection Estate series distributed by Wine Expert of B.C.

Both claimed gold medals in some tasting or other and both were the most expensive of their kind available in the store. If you are going to do it yourself buy the best available.

Even so, the cost per bottle was under $5 for the white and under $7 for the red (that doesn't include optional labels, 10 cents each, or bottles, $1.10. You can also supply your own.)

Six weeks later I spent a happy hour bottling the chardonnay and two weeks after that, the merlot. Tasting both during bottling surprised me. Drinkable!

However, getting the most out of your vintner experience demands the patience to wait a minimum of three months for the white and six for the merlot.

So far I've uncorked the chardonnay at two, four and six weeks after bottling — just for research purposes, you understand. Drinkable has progressed to tasty.

At two months the merlot is still too raw for my palate, but improving.

If all works out I estimate savings of at least $2,500 a year — enough to take hubby and me on a very nice wine tasting holiday.

Stay tuned for full tasting results in a couple of months.

Clarification

- In my August 4 column about retail credit cards and Buy Now Pay Later purchases, the proximity of two paragraphs made it seem that The Brick charges accumulated interest if full payment is not made on the expiry of the interest and payment-free period. This is the case with some retailers but not The Brick. We apologize for any misunderstanding about The Brick's policies that may have occurred.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

Readers share their recession and layoff experiences

Q Readers were asked: How are you managing in this economic environment?

— Henry Choo Chong

A I work for GM and have not worked 40 hours for more than four months. This is after more than 16 years at the plant. My wife makes half my salary and covers our mortgage and maintenance of our home.

— Carl

A I am an independent IT consultant for more than eight years. My most recent contract with Rogers was not renewed. My understanding, as confirmed with other fellow IT colleagues, independents are the first to go. Recently, I accepted a contract at 30 per cent below my last position. My car and house payments have not changed and must be paid every month.

— Ahmad

A The Toronto real estate market experienced about three months of a slowdown. Toronto RE is like a juggernaut, and there is no stopping. Housing prices and sales are on the rise. Based on my experience, the market is brewing and it is a good time buy. Good agents do well, regardless of the market.

— Paul

A My husband lost his job December 2008 and did not find work until June. We were deeply distressed and did not know what we would do. We have two children, eight and five years old. I must thank my financial adviser at our TD branch for introducing us to a program that helps defer and refinance our mortgage.

— Coleen and Darin

MoneyMatters

A Thus far, my job is secure (fingers crossed) and I'm not behind on any credit card debts. I am more cautious with my spending and use automatic withdrawals from my pay into a Tax Free Savings Account for a rainy day. This works for me: What I don't see, I don't miss.

— Frank

A Join the protest against the new Harmonized Sales Tax (HST). Check it out online. This is not a stimulus but a huge tax grab and the wrong time to be introducing more taxes. I do not have the extra money to give to Stephen Harper.

— Cal

A Live your life for you, not your neighbour. You may not always have a job but you will always have family!

— Jack, retired from job not life

Thank you to all readers for your emails. Unfortunately only a selected few could be printed.

Write to Henry

- You an email choochonghcga@yahoo.ca

Henry Choo Chong, CGA, can be reached at choochonghcga@yahoo.ca.

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Did you know?
Canadians are saving a mere 4.7 per cent of their take-home pay, according to a recent report from Statistics Canada for the first quarter of 2009. **NEWS CANADA**

Student ¢ents

Scholarly costs
Expect to spend about $1,000 per year for books and school supplies. If you are entering a specialized course such as dentistry, medicine or architecture, expect a much higher cost. NEWS CANADA

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

‘It’s time to chart your own course’

Good planning can help build rosy financial future

JON TATTRIE
for Metro Canada

While universities may appear to be debt-making machines, financial advisers say good planning can have you graduating in the black.

Anna Conner of Sun Life Financial says it’s possible if you follow three rules: Find yourself financially, stop the leaks, and save/invest. To be extra safe, protect that investment with life insurance.

“Start with a plan,” she says. “You have a goal: To graduate with your degree. You have to figure out how you are going to do that from a monetary point of view.”

Ideally, pay for university out of your savings, costing nothing in interest. If you don’t have tens of thousands of spare dollars, you’ll need a student loan.

Financially, “you have to know where you’re starting from to be able to get where you’re going,” she says. “You have to open up your bank statement, your credit card statement.”

It’s tempting to throw it in the drawer and just make the minimum payment, but that adds up. “Look at it this way: Every time you pay off a 16 per cent interest rate credit card debt, you’ve just made 16 per cent return on your money,” Conner says.

“You’ll be amazed at how much money you’re leaking. Stop the leaks.”
Anna Conner

Next, Conner recommends tracking all of your expenses for two months. “You’ll be amazed at how much money you’re leaking,” she says. “Stop the leaks.”

With your economic ship patched up, it’s time to chart your course. For short-term savings to cover a down payment for a home or to pay down a debt, Conner likes TFSAs (tax-free savings accounts).

“You can do it in a short-term money market so that you have fluid cash and can draw your money out very quickly, or you can invest it for a longer range in things like mutual funds, GICs, etc.,” she explains.

Experts suggest you put away 10 per cent of your earnings — even if you’re a student.

If you can put the money away for longer, invest. “I’m a firm believer in getting your money into the markets at a young age,” she says. People get scared by the bad bear runs, she says, but the bulls always win. “Over the last 50 years, we’ve had about a 10 per cent return,” she says. “For young people, you’ve got the ability to allow the markets to do their thing.”

Either way, 10 per cent of earnings — even as a student — should be socked away.

Finally, consider buying life insurance to guarantee your future insurability.

“When you’re young and healthy, it’s extremely inexpensive to pick up a cheap-term insurance that will carry them through until they can afford the Cadillac,” she says.

If you wait 10 years, developing diabetes or MS, or a range of other conditions, could make getting life insurance next to impossible.

Hana, a blogger at York University’s YUBlog, says the most important thing is to live thriftily. Live at home, take public transit, pack a lunch, throw house parties and buy second-hand, she urges.

“For most of us, being a student is synonymous to being short on cash for four years, but there are a few ways to make the pinch more bearable,” she writes.

Low-cost accounts

You have probably heard the expression “look after your nickels and dimes, and the dollars will take care of themselves.” In order to collect those dollars, low-cost bank accounts can represent an interesting solution.

Low-cost bank accounts cost less than $4 a month. They offer such features as a debit card, cheque-writing privileges, a number of free in-branch transactions, and a monthly statement or a bankbook.

As several banks have agreed to offer low-cost accounts, you should shop around for the kind of account that best suits your banking needs. For example, you may prefer to do your banking through a teller. Some banks may charge extra for some in-branch services (such as bill payments) on top of your regular monthly fee. Having this type of information can save you from any surprise fees on your bank statement at the end of the month.

To make sure you understand the terms and conditions of the account you choose, the Financial Consumer Agency of Canada recommends you find out:

- What the monthly fees are;
- What types of transactions are included, and how many;
- How much it will cost for transactions over and above your monthly limit;
- What extra fees may apply for specific services (such as bill payments).

NEWS CANADA

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Craig Forrest joins It's Called Football
Sportsnet soccer analyst and former England premiership goaltender Craig Forrest joined the It's Called Football show today to talk premiership, MLS and the future of the Canadian Soccer Association, watch at **metronews.ca/blogs**

Sports

Kane apologizes

Chicago Blackhawks star Patrick Kane, left, apologized yesterday for the pain he caused those close to him after his arrest on charges that he and a cousin beat up a cab driver in Buffalo earlier this month. He did not take questions. A grand jury is expected to decide this week whether Kane should face criminal charges in connection with the incident. METRO NEWS SERVICES

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Yang's win shows depth of golf talent

PGA Y.E. Yang's landmark victory at the PGA Championship, where he deprived Tiger Woods of a widely expected 15th major title, highlighted the modern game's remarkable strength in player depth.

The 37-year-old South Korean became the first Asian male to win one of golf's four grand slam events, and he did so after going into last week ranked a lowly 110th in the world.

Yang's stunning breakthrough at a blustery Hazeltine National on Sunday capped an unusual season for the majors with none of the game's big guns going on to triumph.

Argentina's Angel Cabrera clinched the Masters in April ranked 69th, Lucas Glover landed the U.S. Open at Bethpage Black when No. 71, while fellow American Stewart Cink (33rd) lifted the Claret Jug at last month's British Open.

It was the first time since official rankings were launched in 1986 that players outside the top 30 had won four consecutive major titles. REUTERS

Woods

- World No. 1 Tiger Woods ended his 2009 campaign without a single major victory for only the fourth time in his professional career.

Sports in brief

TRACK Olympic champion Shelly-Ann Fraser of Jamaica exploded from the blocks to win the world 100 metres title yesterday in 10.73 seconds, the joint third fastest women's run of all time. REUTERS

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Sharapova wins opener

Wozniak only Canadian left in singles at Rogers Cup

Maria Sharapova was an easy winner in first-round action last night at the Rogers Cup in Toronto.

In the last match of the night, Russia's Sharapova defeated compatriot Nadia Petrova, the 10th-seed, 6-3, 6-4 on the hardcourts at Rexall Centre. It was the third time this season Sharapova has defeated Petrova.

Fourteenth-seeded Pole Agnieszka Radwanska erased Spaniard Carla Suarez Navarro 6-3, 6-3, while an upset came when Italian veteran Francesca Schiavone doused 15th-seeded Frenchwoman Amelie Mauresmo 6-2, 3-6, 6-1. An additional upset came when Alona Bondarenko of the Ukraine downed 13th-seeded Marion Bartoli of France 6-4, 6-3.

Surging Aussie Samantha Stosur held off Canadian qualifier Heidi El Tabakh 7-6 (7-2), 7-6 (7-4), while Hungarian Agnes Szavay subdued Canadian wild card Valerie Tetreault 6-2, 6-4 and Aravane Rezai handled fellow Frenchwoman Alize Cornet 6-4, 7-5 to set-up a second-rounder against top-ranked Dinara Safina. Stosur will face French Open champ Svetlana Kuznetsova in her next outing

Stephanie Dubois, of Laval, Que., lost to Italy's Roberta Vinci, 6-1, 6-2, leaving Aleksandra Wozniak of Blainville, Que., as the only Canadian in the tournament.

Wozniak will face Russia's Alisa Kleybanova today.

Additional opening-round wins came for Austrian Sybille Bammer, Japan's Ai Sugiyama, Switzerland's Patty Schnyder and Ukrainian Kateryna Bondarenko, who will meet Wimbledon runner-up Venus Williams in the round of 32. METRO NEWS SERVICES

MARK BLINCH/REUTERS

Ana Ivanovic of Serbia serves to Caroline Wozniacki of Denmark during a promo match in downtown Toronto to promote the Rogers Cup tennis tournament yesterday.

Sports in brief

NBA The Toronto Raptors have reportedly reached a deal to send forward Carlos Delfino to the Milwaukee Bucks in exchange for forward Amir Johnson yesterday. ESPN.com is reporting that the deal will also include guard Roko Ukic heading to Milwaukee with the Bucks sending guard Sonny Weems to the Raptors.

BASEBALL The Boston Red Sox released John Smoltz yesterday, formally ending his stint with the club. The Boston Herald reported the Red Sox were forced to release Smoltz after failing to trade the veteran pitcher.

NFL The New Orleans Saints have waived cornerback Jason David. David, an Edmonton native, spent the past two seasons with New Orleans after playing his first three years with Indianapolis.

NFL Brett Favre could still be a Viking by the end of August, FoxSports.com reports. "I'm telling you it's already done," one Viking was quoted as saying in the story. "I don't think anyone here doesn't think that." METRO NEWS SERVICES

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More baseball teams offer next season's tickets earlier

MLB More Major League Baseball teams are sending out season-ticket renewal offers earlier in the season to lock fans in early for next year and keep the cash flowing as the recession prompts people to save money.

The earlier offers are keeping some supporters like Steve Wilkinson — an 11-year season-ticket holder with the Arizona Diamondbacks — happy even as the recession batters spending.

"You can spread your payments out, no interest," the 54-year-old Phoenix contractor said of Arizona's shift last year to sending renewals in early August from December in 2007. "They make it easy on you to stay in there."

At least a third of the U.S. sports league's 30 teams will send out their 2010 renewal invoices in August or September — before this season ends, an increase from last year. Teams have every reason to lock in sales for next year as 2009 attendance was off about five per cent through Aug. 3.

Baseball officials said offering earlier renewals gives fans more time to pay for tickets costing anywhere from $5 or less up to thousands of dollars per game, and starts the process while baseball is still on their minds.

"For all sports teams, the renewal is probably the most important thing that you're going to do every year," said Lou DePaoli, an executive vice-president and chief marketing officer with the Pittsburgh Pirates, who plan to send out its offers a month earlier this year, in early September.

"We would have done it anyway, but now's the time where maybe the impact would be even greater given the softness in the economy," he added. REUTERS

Step it up
Sign yourself, and willing co-workers, up at gettheworldmoving.com for a global fitness challenge to reach the goal of 10,000 steps a day for 125 days. It will not only help get you fit, but also raise money for impoverished communities. **BEST HEALTH MAGAZINE**

Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

ISTOCK PHOTO

Wouldn't it be great if there were an iPhone app that allowed you to punch in the pros and cons for why you should or shouldn't sleep with someone, referencing your past and "what if" scenarios?

iPhone dating apps?

In a stellar example of how technology is furthering civilization as we know it, iFart — an application that allows you to play a variety of realistic sounding "farts" on your iPhone or iPod has become one of Apple's top 20 selling mobile applications. iBeer, an application that makes it look like you're drinking a beer out of your phone is also in the top 20.

Now, in another civilization-advancing moment, Apple has released Passion, an iPhone application that allows you to measure how good you are in bed. The software gives ratings from "bad" to "perfect" based on three criteria — duration, measured by the phone's timer; orgasm, measured via microphone; and activity, measured via motion sensor. Afterwards, you can upload your score from one to 10 and see how you measure up.

I realize Passion is meant as a novelty (at $5 a pop, I'm sure its creator Chris Alvares is laughing all the way to the bank) that will undoubtedly spawn lots of fake-orgasm contests, possibly over too many rounds of iBeer, so I won't get all serious about how this app perpetuates ideas about what good sex is — louder, longer, more acrobatic … really? — or that good sex is all about "scoring" but surely Apple could come up with something more useful. Here are some iPhone apps I'd like to see:

AMiREADY? Allows you to punch in pros and cons for why you should or should not sleep with someone and cross references this with reasons you've regretted sleeping with someone in the past as well as "what if" scenarios if you do sleep with the person to come up with a "yes" or "no" answer.

iNTHEMOOD Several apps let you customize your music but this one allows you to plug in the circumstances of your sexual encounter — first time, quickie, longie, etc. — and programs music accordingly, based on your taste.

iDATECORRECT Based on professional dating advice and your own dating history, this app causes your phone to vibrate (you'll want to keep it in a pocket so your date isn't suspect) any time you screw up. Pre-rehearsed recoveries can then be employed in an attempt to salvage the date.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

I heart whole grains

Reduce blood pressure with a healthy diet, say study

CELIA MILNE
For Metro Canada

ISTOCK PHOTO

A recent Harvard study showed those who ate a diet rich in whole grain had a 19 per cent reduction in hypertension.

To keep your blood pressure down, eat whole grains.

The health power of whole grains was clearly shown in a Harvard study of 31,684 male health professionals. They were between the ages of 40 and 75 at the beginning of the study, and researchers followed them for 18 years. At first, none of them had hypertension (high blood pressure), cancer, stroke or heart disease.

Study organizers wanted to find out whether eating whole grains had an impact on who did and who didn't develop hypertension over the 18 years.

Hypertension is a big problem in our society — more than five million Canadians have hypertension, according to the Canadian Hypertension Society. It is the number one risk factor for stroke, and it is a major risk factor for heart disease. Hypertension is silent; 43 per cent of Canadians who have it don't even know that they are affected.

In the study, 9,227 cases of hypertension developed among the men. Researchers then split the population into five groups according to how much whole grain they had eaten over the course of the study. Being in the highest group for whole grain was associated with a 19 per cent reduction in hypertension, compared to the lowest whole-grain-consuming group. "Whole grains as a part of a prudent, balanced diet may help promote cardiovascular health," Dr. Alan Flint, a research scientist at Harvard School of Public Health in Boston, told Metro. He is project director of the Health Professionals Follow-up Study.

Flint and colleagues also looked at bran intake, and the effect it had on hypertension. Being in the highest total-bran-eating group was associated with a 15 per cent lower risk of developing high blood pressure over the years.

Foods that are quite high in whole grains include oats, oatmeal, barley, brown rice, popcorn, and whole wheat flour.

Other lifestyle factors that reduce your risk of high blood pressure include being physically active, not smoking and limiting alchol.

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We hear so much about the importance of diet and exercise to keep our hearts healthy. Did you know that maintaining good dental health can also help protect your heart?

Not that long ago, the American Association of Retired People listed a **seven step plan to help guarding your heart health. Step one was to brush and floss regularly.**

It may be seem an unusual recommendation. But the fact is that more and more studies have shown the link between good oral health and good overall health. This includes good heart health.

Some studies have focused on the **incidence of heart disease and tooth loss.** Subjects of the study were in the age group of 40 to 59 years.

After adjusting for different variables, the percentage of people in the study likely to have heart disease that is associated with tooth loss were as follows:

• 1 to 5 missing teeth: 6.8%

• 6 to 31 missing teeth: 10.2%

Dr. Peter Georgopolous
Dental Surgeon

• Complete tooth loss: 11.5%

When you think about it, the connection is quite easy to understand. **Tooth loss** is often **associated** with **gum disease** that has gone untreated. **Gum disease** is **associated with bacteria and plaque** that are allowed to build up on the teeth and gums.

Over time, the bacteria can literally destroy the gums and result in bone loss in the jaw. As the jaw bone deteriorates, the teeth will loosen and eventually fall out.

However, **the affects of the bacteria and plaque are not confined to the teeth and jaw alone.** As the gums become puffy, tender and more prone to bleeding, they provide that **bacteria with easy access to our blood system.** Once bacteria enters our blood system, it can **move throughout the entire body,** including to the heart. The infections associated with bacteria can contribute to heart disease in some individuals.

Is it any wonder that a group representing retired persons would focus on proper **brushing and flossing as an easy way to reduce the risk of heart disease? Add to that regular visits to the dentist,** and you have a great way to reduce the build up of potentially damaging plaque and bacteria.

So, with Valentines having passed recently, let's make sure we maintain a strong connection between the mouth and the heart. Because protecting your heart by maintaining good oral health is a healthy habit…and healthy habits lead to healthy lives.

Dr. Peter Georgopolous
Dental Surgeon

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Kruger sporting new ring

Diane Kruger has sparked rumours she's set to walk down the aisle with boyfriend Joshua Jackson after she was spotted with a diamond band on her ring finger. The German beauty has been dating Jackson since 2006. FEMALEFIRST.CO.UK

Entertainment

Birthday bash

Rumer Willis celebrated her 21st birthday over the weekend in high style in Las Vegas with mom Demi Moore, dad Bruce Willis and stepfather Ashton Kutcher along for the ride. METRO NEWS SERVICES

EDITOR: DEAN.LISK@METRONEWS.CA

Snoop couldn't save festival

1000 Islands Music Festival lineup fails to draw crowds

The 1000 Islands Music Festival was baited with enough star power to attract the biggest crowd this summer. Unfortunately, partygoers didn't bite.

Not even the last-minute addition of hip-hop heavyweight Snoop Dogg to the festival's already strong lineup could bolster the meagre crowds that showed up for the event's three days.

"Maybe all the hype was a curse," said festival head Rod MacDonald. "It's pretty hard to replicate an iconic event such as Woodstock."

Promoters had been optimistic Saturday's show, with stars including Snoop Dogg, R&B singer Akon and Toronto rapper Kardinal Offishall joining acts like Pilot Speed and illScarlett on the mainstage, could boost the weak turnout of the Thursday and Friday shows.

That hope vanished when only about 4,000 of the 15,000 expected patrons showed up Saturday at the 34-hectare farm just north of Gananoque where the event was held.

Those in attendance didn't seem to care about the numbers as they were treated to a sizzling performance from Snoop, who had them singing along to a string of his hits. Akon spent the tail end of his performance in the crowd and got some support from Offishall in stepping up the tempo. Offishall said the small crowd created a more intimate experience for the fans.

"How many people that come from Kingston or Gananoque can say Kardinal, Akon and Snoop came to Gananoque in the middle of the farm area and rocked a show?" he said. "It's a big thing for them. When we were rocking, the crowd was just vibing."

Still, it seemed to be mostly locals who supported the event, said Gananoque resident Rita Mccormack.

Not even the last-minute addition of hip-hop heavyweight Snoop Dogg to the The 1000 Islands Music Festival's already strong lineup could bolster the meagre crowds that showed up for the event.

"It's disappointing that it didn't go over big," said Mccormack, noting the town had been banking on using the festival to draw new tourists to the area recently hit hard by several plant closures. The 69-year-old also speculated that the acts, which were skewed to a young crowd, were a deterrent for more mature concertgoers who otherwise would have attended.

Organizers had hoped to draw the audience not only from the estimated 500,000 people living in nearby municipalities, but also from Toronto, Ottawa, Montreal and upstate New York.

The festival was intended to have a country and classic-rock flavour, MacDonald told The Canadian Press, but Watson Entertainment, hired to book the acts, persuaded him to try something bold.

"We really wanted to do something that had never been done in the area," Watson's Rian Malloch said. "(We've) created an event that over the three days spans the age demographics from 12 to 65 years old and has crossed every genre."

Despite the disappointment, MacDonald said organizers are in it for the long haul. "When you look at some of the successful festivals like the Bluesfest in Ottawa, it really took them four or five years to get a brand name," he said after the Saturday show.

He also noted that other outdoor events have taken a hit this summer, with advance ticket sales "almost non-existent."

Just last week, for instance, organizers of the Virgin Festival announced they were moving the show back to Toronto from Burl's Creek Park north of Barrie. It will now be held at the Molson Amphitheatre Aug.29 to 30.

TORSTAR NEWS SERVICE

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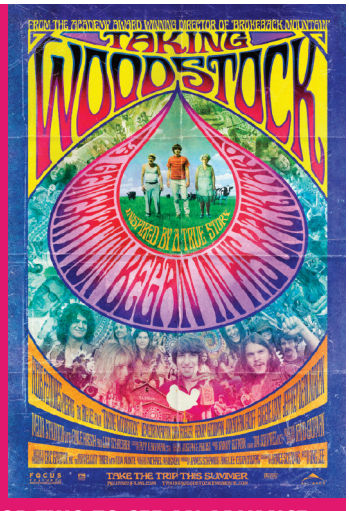

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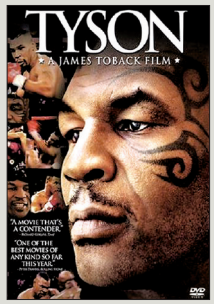
DVD picks

Tyson

Director: James Toback



WITH TYSON, JAMES Toback fashions a sharp documentary out of a blunt object. Mike Tyson was the self-styled "Baddest Man on the Planet" during his heyday of the late 1980s through the 1990s, holding or contesting the heavyweight boxing crown through physical prowess and intimidation. During a grudge match in 1997, he chewed off part of the ear of rival Evander Holyfield.

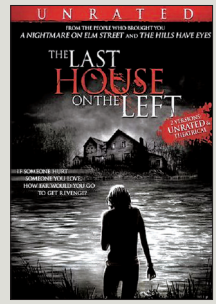
The law caught up with him: Tyson spent three years in jail in the early 1990s on a rape conviction. But there are always tales and tears behind the headlines, and Toback's doc spins them like a carny huckster. Big, bad Mike, the man with fists of iron and a giant flame tattoo on his face, is deep down a misunderstood softie.

Like a man in a 12-step program — he also spent time in rehab — the ex-champ confesses his sins in straight-to-camera testimonials. Toback lets his subject speak at length, interspersed with archival and split-screen boxing footage.

It's fascinating to hear Tyson speak. No one pretends that the documentary is an objective appraisal — there are almost no commentators besides Tyson himself.

The Last House on the Left

Director: Dennis Iliadis



WES CRAVEN'S ORIGINAL 1972 rural home invasion shocker was filmed on the cheap for drive-ins. It had zero pretensions to art with its extreme depictions of rape, murder and revenge, despite being adapted from Ingmar Bergman's classic payback thriller, The Virgin Spring.

This one's a remake, and a lot of things have changed in the intervening 37 years, most not for the better. Craven and Cunningham produce, leaving hired gun Dennis Iliadis to direct the film largely from their original bloodstained blueprint. This time, Craven can't profess innocence or youthful folly: He's cashing in on the torture-porn fad (the Saw and Hostel franchises) that delights in human degradation.

Everything vile and nasty about Last House has been ramped up, and it was wretched to begin with. The acting isn't much better than before and the camera still jumps as if attached to a deranged chimp.

Extras include deleted scenes and a featurette. The unrated version, included, is four minutes longer.

Peter Howell/for Metro Canada

Exit Grant?
Blaming recurring bouts of stage fright, Hugh Grant is threatening to retire from acting, a claim he's made in the past. "I like everything about filming except the acting," Grant tells Entertainment Weekly. METRO WORLD NEWS

Rocksteady digs up roots

ADAM NAYMAN
for Metro Canada

It sounds like an odd fit: A Swiss filmmaker making a movie about the evolution of Caribbean rhythms.

But Stascha Bader, whose documentary Rocksteady: The Roots of Reggae paints a vivid portrait of Jamaica's music scene in the mid-1960s, has an affinity for the music that transcends geography.

As a student in the 1970s, Bader was so taken by the "rocksteady" genre — a slower, more laid back version of ska featuring heavily politicized lyrics — that he made it the subject of his doctoral thesis at the University of Zurich.

"Everybody looks at rocksteady as reggae," explains Bader via email from Switzerland. "But rocksteady has a special and unique sound. It is influenced by soul and jazz, whereas reggae is heavily influenced by rock.

"The amps became much bigger, the bass and the drum started to dominate, and the studio producers began experimenting with a whole new range of electronic equipment. And yes, the hair grew longer, too."

"Everybody looks at rocksteady as reggae. But rocksteady has a special and unique sound."
Stascha Bader

Bader would seem to have an encyclopedic knowledge of the genre, but he defers the narration of his film to the musicians themselves. As Rocksteady opens, a number of seminal rocksteady performers have gathered in Kingston for a reunion concert, and the film is structured as a series of rehearsals and reminiscences.

The film would not have been possible without the participation of musical legends like Judy Mowatt and Hopeton Lewis and Stranger Cole, all of whom supplement their interviews with performances.

The 63-year old Cole actually has roots in Toronto, opening the city's first Jamaican record store; his rendition of the rocksteady staple Morning Train is one of the film's undeniable highlights.

"To be frank," says Bader, "Stranger Cole is not a great singer in a classical sense.

"He doesn't have the same gun of a voice as Ken Boothe or Hopeton Lewis, or even Judy Mowatt. And he is sometimes off key. But he is incredibly charming, and his voice is absolutely unique.

"All of this, together, with his stage presence, is hard to beat. I don't think that age has changed any of that. It maybe has added more charm to his personality."

• Rocksteady: The Roots of Reggae opens this week.

Stranger Cole, who opened Toronto's first Jamaican record store, is featured in the documentary Rocksteady.

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Cashing in on Marilyn

An American widow is selling her husband's burial spot directly above film legend Marilyn Monroe so that she can pay off her mortgage. Elsie Poncher has put an advertisement on eBay to auction off the tomb in Westwood Village Memorial Park, Los Angeles. REUTERS

30 years of fashion

FlareFashion

Lisa Tant

metronews.ca/flarefashion

From bold padded shoulders to Technicolor eye shadow, the looks from September 1979 may not, at a glance, look much different from this fall's major trends.

After all, what goes around comes around especially in fashion, right?

Not exactly.

As the Editor-in-Chief of FLARE, I've spent hours over the past year going through our archive, planning our 30th anniversary celebration this year. My team and I have had a lot of laughs as we see how much fashion has evolved — but seriously, also how women have evolved as reflected by their wardrobes.

Yes, prominent shoulders are a big trend this year but back in the '80s, they were massive — as in linebacker proportion sized with padding in every layer of an outfit including a camisole, blouse and jacket.

The look mirrored women's newfound power in the workforce — Melanie Griffith in the '80s blockbuster film Working Girl is a perfect example. Everything in the outfit was magnified — door knocker earrings complemented the broad shoulders, pussy-cat bow blouse and ankle-sweeping skirt or culottes. And the beauty routine matched with pouffy hair, multi-hued eyeshadow, thick brushed-up eyebrows and dark lipstick.

The clothes were so big that women looked large as well and the makeup (with a loud fragrance) distracted attention away from its wearer. Not exactly the '80s revival that designers have imagined for Fall '09.

An issue of FLARE from April 1988.

FLARE's September 2009 issue.

This season, prominent shoulders are an important factor in high fashion — but just a factor. Today, women don't have to prove that they belong in the workforce and use their image and outfit as protection.

Confidence has shaped fashion trends to where we pick what suits us versus back in the early '80s when designers dictated exactly what was fashionable and few dared to go against the grain. When I flip through our earliest issues, I find that the young women and models we featured look overly mature to my eyes. A square-cut short hair style, heavy eye makeup and an overly accessorized outfit made our 25-year-old fashion editor, back in 1979, look more like an ultra-conservative fortysomething today.

The strongest trend in 2009 is the freedom of choice that we've won with 30 years of evolving confidence. So whether you choose to wear a military jacket with prominent shoulders and a pair of acid washed tight jeans, or a matching skirt suit with peep-toe booties — the choice is yours.

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	209	342	6	CHRO	The Road to Avonlea		America's Got Talent		America's Got Talent Ten acts from the top 40 perform.				Comedy Now
	196	311	7	CTV	Hollywood	etalk	So You Think You Can Dance Canada (N)				Flashpoint (DVS)		News
	208	303	8	CBC	Coronation St.	Jeopardy!	Rick Mercer	22 Minutes	Being Erica (DVS)		CBC News: The National		The Hour
	-	360	9	NBC	Wheel-Fortune	Jeopardy!	America's Got Talent		America's Got Talent Ten acts from the top 40 perform.				News
	117	713	10	TVA	Qui perd gagne (SC)		Fort Boyard (SC)		Las Vegas (SC)		TVA 22 heures	Sucré-salé	*Les Rivières*
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	115	343	16	CFMT	Two/Half Men	The Simpsons	Omni News: Italian Edition (N)		Vivere Il	Omni News:	The Simpsons	King of the Hill	Metropia
	218	345	18	E!	The Insider (N)	E! News	Inside Hollywood		X-Weighted		Ruby	Ruby	News/Eleven
	-	361	20	ABC	Action News	Entertainment	Who Wants to Be a Millionaire		Shaq Vs. (N)		Primetime: The Outsiders (N)		News
	512	396	24	CPAC	Tête-à-tête	Beyond Poli	L'Heure politique		Dossier public				Heure polit.
	651	355	25	CTS	Little House on the Prairie		Michael Coren Show		100 Huntley Street		Life Today	This Is Day	John Hagee
	-	365	36	FOX	TMZ (N)	Seinfeld	Hell's Kitchen (N)		More to Love (N)		FOX 2 News (N)		News
	-	-	64	PBS	Business Rpt.	Parklands-Mid	Nova (DVS)		Nova scienceNOW (N)		P.O.V. (N)		Charlie Rose
	205	312	104	CTV	Hollywood	etalk	So You Think You Can Dance Canada (N)				Flashpoint (DVS)		News
news	502	390	26	NW	CBC News	Mansbridge	The Hour David Thewlis.		CBC News: The National		My Big Fat Diet		National
	500	500	33	CNN	Lou Dobbs Tonight		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV)		
sports	406	417	27	net	MLB Baseball Boston Red Sox at Toronto Blue Jays. From Rogers Centre in Toronto.						Sportsnet Con.	Sportsnet Con.	Sportsnet Con.
	126	730	28	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal
	400	280	30	TSN	Interruption	WTA Tennis Rogers Cup -- Day Two. (HDTV) From Toronto. (Live)					SportsCentre (HDTV) (Live)		
	410	403	52	SCR	Cabby Unlimit	Score Update	Poker Equalizer.		Poker		Score Tonight		Final Score
family	411	457	56	OLN	Ghost Hunters		Bounty Hunter	Bounty Hunter	Survivorman		Ghost Hunters		Bounty Hunter
	417	406	59	SC	Pimp My Ride	Pass Time	Pimp My Ride	Pimp My Ride	Super Bikes!	Super Bikes!	Jacked!	Jacked!	Pimp My Ride
	554	544	48	TEL	Jimmy Two	Total Drama	6TEEN	6TEEN	Futurama	American Dad	Robot Chicken	American Dad	Moral Orel
	557	540	51	FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
	551	542	65	YTV	Drake & Josh	Prank Patrol	Malcolm-Mid.	Futurama	Family Biz	Prank Patrol	Falcon Beach		Mystery Hnt.
cable variety	570	580	29	MM	The Daily Fix		Ranked!		mmtop10.ca		Entourage	Gene Simmons	The Daily Fix
	615	520	31	A&E	The First 48 (HDTV)		The First 48 (HDTV)		The First 48 Past cases.		The Cleaner (HDTV) (N)		The Cleaner
	628	584	32	SPKE	CSI: Crime Scene Invstgtn.		UFC Unleashed		UFC Unleashed		UFC Unleashed		MANswers
	521	560	34	TLC	Cake Boss	Cake Boss	Jon & Kate	Jon & Kate	18 Kids-Count	18 Kids-Count	Masters of Reception (N)		18 Kids-Count
	145	761	35	TV5	Zoom animal		Sur les pas de Jules Verne Sur les traces des héros de Verne.				Expression	Montre-moi	Journal TV5
	616	521	39	SHO	The Outer Limits		Painkiller Jane		*XIII* (2009, Suspense) Val Kilmer, Stephen McHattie.				House
	620	523	40	BVO	SABIAN: The Cymbal Makers		Live at the Rehearsal Hall		Ronnie Hawkins-Birthday		Bravonews	Song for Africa	Law & Order
	520	505	42	DIS	Daily Planet		How It's Made	How It's Made	Against the Elements (N)		After the Catch (N)		Daily Planet
	575	583	43	CMT	Cross Canada Countdown		Home Improve.	Home Improve.	Reba	Reba	Hope & Faith	Hope & Faith	Cheerleaders
	601	562	45	SLC	Skin Deep	Til Debt-Part	Rich Bride, Poor Bride		Rich Bride, Poor Bride		Rich Bride, Poor Bride		ET Canada
	625	548	46	COM	Air Farce	22 Minutes	22 Minutes	Corner Gas	The Simpsons	South Park	Hot Box	Awesome	Daily Show
	294	529	47	TBS	Family Guy	Family Guy	House-Payne	House-Payne	*Set It Off* ★★★ (1996, Action) Jada Pinkett, Queen Latifah.				
	600	564	49	H&G	House Hunters	Property Virgin	HGTV's Top 10	Dirty Business	SarahCottage	Genevieve	House Hunters	House Hunters	Holmes-Homes
	627	528	50	SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		Torchwood		Ghost Hunters		Stargate SG-1
	581	566	53	MTV	Topshop NYC	After	MTV News	Cribs	16 and Pregnant		Daddy's Girls	House, Jazmin	MTV Live
	618	524	54	TROP	Power Play		Tube Tales	Tube Tales	Deal or No Deal Canada		King	King	King
	522	506	55	HIS	NCIS "Identity Crisis"		Lost Worlds		Zero Hour		NCIS "Identity Crisis"		Turning Points
	129	773	60	CD	Biographies "Sylvie Fréchette"		Police de l'air (HDTV)		C'est incroyable!		Alliance meurtrière (HDTV)		Images-chocs
	261	394	61	V	Murder, She Wrote		Bless-Father	On the Buses	Quantum Leap		5 Seekers	Search	Poltergeist
	602	567	62	W	Style by Jury	Friends	Designer Move	Style by Jury	Style by Jury	Style by Jury	*My Silent Partner* (2006, Suspense)		
	269	350	70	APTN	Wings-Canada	Tears	Chiefs-Champ	Tribal Treks	From the Spirit	New Canoe	The Rez	Short Cuts	Moccasin Flats
	621	527	71	TLK	The Ellen DeGeneres Show		TMZ (N)	etalk	Look-A-Like	Look-A-Like	Tonight Show-Conan O'Brien		TMZ
	603	561	95	FN	Chef at Home	French Food	At the Table	At the Table	Hell's Kitchen		Good Eats	Good Eats	Iron Chef Am.

critics'corner

Flashpoint

There's no such thing as a routine assignment when you're a cop in a TV show. The SRU team is assigned to protect a VIP when a bomb goes off in a hotel kitchen, and kidnappers use the explosion as a cover to snatch the VIP's wife. Enrico Colantoni, Amy Jo Johnson, Hugh Dillon and David Paetkau star in "Eagle Two." 10 PM on 7 CTV, 104 CTV

NCIS

Abby (Pauley Perrette) is asked to take over for a government scientist who has gone missing and carry on his work, but Gibbs (Mark Harmon) and the team fear that she will meet the same fate as her predecessor in "Toxic." Michael Weatherly, David McCallum and Sean Murray also star. 8 PM on 13 CBS

Shaq Vs.

Shaquille O'Neal has few rivals in the basketball world, but how would he fare against other top athletes on their own turf? That's the premise of this high-spirited new reality series, which finds the Cleveland Cavaliers star challenging stars in other sports, swimming against Olympic gold medalist Michael Phelps, playing volleyball opposite Kerri Walsh and Misty May-Treanor, and in the opener, trying his gridiron skills against Pittsburgh's Ben Roethlisberger. 9 PM on 20 ABC

In brief

TV Midnight, Mass. is headed to television. NBC has picked up a live-action drama adaptation of the comic-book series from DC Comics' Vertigo imprint. John Rozum's Midnight, Mass. revolves around Adam and Julia Kadmons, a globe-trotting husband-and-wife team who solve mysteries of the supernatural.

CASTING Dave Franco (Superbad) has joined ABC's comedy Scrubs as a regular. On Scrubs, which is shifting its setting to a medical school next season, Franco will play Cole, an incredibly entitled medical student whose family donated a wing to the school.

FILM The Wayans brothers and Sony Pictures are developing a sequel to the 2004 comedy White Chicks, in which Marlon and Shawn Wayans will reprise their roles as sibling FBI agents posing as a pair of white women.

REUTERS

Kenya's Style

Kenya Hunt

Read the blog at metronews.ca/kenyasstyle

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★★★★★

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ROBBIE COLLIN, NEWS OF THE WORLD

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metro

Fake smoke too much for Mark

Mark Wahlberg was rushed to hospital on Friday after inhaling fake smoke. He was taken to Massachusetts General Hospital after breathing in too much of the substance on the set of his new movie The Fighter. FEMALEFIRST.CO.UK

Celebrity Buzz

Rob and Kristen get cozy in Vancouver

FINALLY The cast and crew of Eclipse took over Vancouver sushi restaurant Miku over the weekend to celebrate filming of the third Twilight installment — and all eyes were on co-stars Robert Pattinson and Kristen Stewart, us-magazine.com reports.

The two were very close during dinner, taking smoke breaks together and even leaving together. On Saturday, they snuggled at a Kings of Leon concert — when they weren't laughing and smoking cigarettes.

"They've decided to be more public about going out now," an insider told Us Weekly. "They're not boyfriend and girlfriend, but they've definitely hooked up."

Their Twilight co-stars are supportive.

"If they want to date each other, fine!" Billy Burke, who plays Stewart's dad, told Us. "Look, when you're that age, you're going to make mistakes. You're going to date people you probably shouldn't date. It's all part of the growing process."

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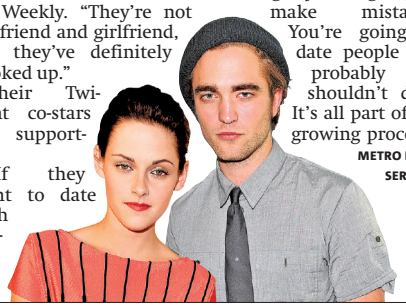


Ashlee and Perez tweet it out

ONLINE DUST-UP Ashlee Simpson has lashed out at celebrity gossip blogger Perez Hilton via Twitter, popeater.com reports.

Hilton ran a story about the singer and her husband, Fall Out Boy bassist Pete Wentz, claiming that Simpson's drunken partying caused a loud spat between the two at an anniversary celebration for Wentz's bar, Angels & Kings.

Hilton reports that Wentz was enjoying his party when Simpson "came up completely wasted and yells at him to leave. They fought, she told him he was horrible in front of a whole group of people and made him leave his own party early. So they make a scene and leave the bar."

Now Simpson has used Twitter to scold Hilton for his damaging gossip. "When all you do is make up untrue stories — look in the mirror. Do you even feel human?? Karma is a bitch. Your story is WAY off," she responded.

Naturally, Hilton responded right away, tweeting: "There are a lot of good rehab facilities in Malibu!" He added, "I don't wanna name names and get people fired but several of the people I spoke with work at Angels & Kings. I'm not wrong."

He also tweeted to Wentz: "Sorry to hear about what Ashlee put you through last night!" The rocker didn't respond, but romantic messages to his wife around the same time suggest that Wentz is feeling just fine about Simpson.

METRO NEWS SERVICES

Vanessa can't wait to go R-rated

GROWING UP Vanessa Hudgens is keen to shed her Disney star image, so she can land adult roles in "R-rated films," femalefirst.co.uk reports. The actress found fame as the star of the teen-favourite High School Musical series, but her image has been tarnished by a series of nude photo leaks.

Hudgens hints the scandals won't damage her long-term career plans because she's ready to move on from being a child star. The 20-year-old told Star magazine: "The fact that kids look up to me is extremely flattering.

"But at the end of the day, I want to do R-rated films that are a little edgier."

The actress is currently embroiled in a second nude-picture scandal and was left red-faced last weekend when comedian Dane Cook told her to leave her clothes on at the Teen Choice Awards.

Cook, who was presenting the Female Hottie Award, searched for Hudgens in the audience before saying: "Vanessa Hudgens! Girl, you got to keep your clothes on!"

METRO NEWS SERVICES

Amy wants me back: Blake

HIS TAKE Divorce or no divorce, Blake Fielder-Civil says his estranged wife Amy Winehouse is apparently dying to rekindle their relationship, he tells the News of the World.

"We've been talking for the first time in months," he said. "I love her as much as ever. I know she still loves me, even though we're getting divorced."

Fielder-Civil even insists they could give marriage another go. "I want to take her out for dinner and propose again. I hope that within five minutes we'll be planning where we're next going to get married."

METRO WORLD NEWS

Simpson camp wants Jess to join American Idol

CAREER MOVE While gossip fans have been keeping track of her recent split from Tony Romo and her growing and shrinking waistline, Jessica Simpson's father and manager, Joe Simpson, has been eyeing a new gig for his daughter.

Sources tell Page Six that Joe has been aggressively lobbying the producers of American Idol to hire Jessica as the permanent replacement for Paula Abdul. There's been no word on what they think of the idea.

METRO WORLD NEWS

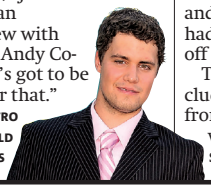
GETTY IMAGES

I'll pose nude... for a price: Levi

MONEY-MAKER Levi Johnston, who fathered a child with Sarah Palin's teenage daughter, says he would be willing to pose nude — for the right price.

"It depends on the money, man," Johnston said in an interview with Bravo's Andy Cohen. "It's got to be right for that."

METRO WORLD NEWS



Fat double-standard, Kirstie says

SHE'S MAD Kirstie Alley is fuming about a tabloid report that suggests she's so overweight she has just four years to live, femalefirst.co.uk reports.

The National Enquirer alleged the 58-year-old's binge eating and yo-yo dieting had "shaved years off her life span."

The report includes a quote from a doctor who claims she "may only live to 62." The article has infuriated Alley, who took to the Internet to ask why overweight male stars aren't subjected to the same press intrusion.

Alley tweeted: "I wonder if Kevin James, John Goodman, Alec Baldwin, James Gandolfini, K-Fed, Bill Shatner, etc are dying in four years or only FAT actresses."

METRO NEWS SERVICES

Eva jumps into resto expansion

ENTREPRENEUR Eva Longoria Parker is poised to take off, people.com reports. The actress is opening the Las Vegas location of her restaurant Beso on New Year's Eve 2010 and has plans for airport locations.

She says the venue is still under construction, but the design and menu — including flatbread, tortilla soup and guacamole — will be similar to Hollywood's Beso.

She said she'll launch "Besitos, which are little besos," in airports, with limited menus.

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Thursday Cloudy 25°/ 21°
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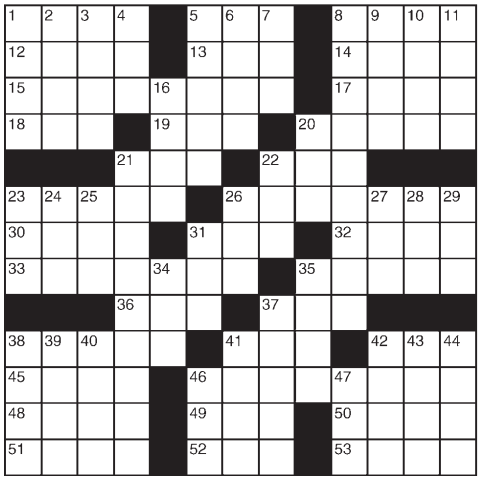
Take Five



ACROSS

1 Apply your John Hancock
5 Pharm. watchdog
8 Cold War-era map abbr.
12 Verifiable
13 Actor Voight
14 Contendere preceder
15 Gran Torino star
17 Prepares Easter eggs
18 Potent stick
19 Mess up
20 Abacus components
21 Father
22 Peacenik's worry
23 Access a chat room
26 Allergy inducer
30 First victim
31 Behar of The View
32 It takes the cake
33 Gave way
35 Eucalyptus eater
36 Nevertheless
37 Disencumber
38 Performances
41 Johnson or Heflin
42 Windy City abbr.
45 Prom transportation
46 Bone china name
48 Hydrox competitor
49 Historic period
50 Between jobs
51 Flex
52 Tavern
53 Wanders about

DOWN

1 Undo a dele
2 Ahmadinejad's land
3 Sudden rush of wind
4 Trawler item
5 Feature of Norway's coast
6 Entrance
7 Moreover
8 American Idol champ Carrie
9 High-protein bean
10 Coaster
11 Flag maker
Betsy
16 Withdraw gradually
20 Satchel
21 Parton's theme park
22 Method
23 Nonprofessional
24 Sapporo sash
25 "Golly!"
26 Sceptre
27 Zsa Zsa's sis
28 Moray, for one
29 Modern-day evidence
31 Lustrous black
34 — Moines
35 Monarch
37 Speeder spotter
38 Unkempt one
39 Take on
40 Portent
41 Aloe —
42 Last few notes
43 Retain
44 Midmonth date
46 Symbol of intrigue
47 Peruke

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

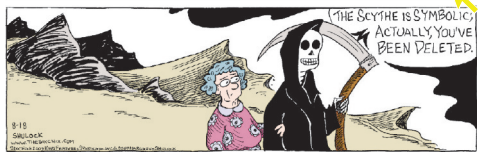
	8	9				3		
			2	4				1
6					9			5
		4	6		5		9	
	9			1			2	
	6		4		3	7		
4			7					9
7				6	2			
		6				8	7	

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

7	5	3	8	9	4	2	6	1
8	2	1	5	3	6	4	9	7
9	4	6	7	1	2	3	5	8
5	7	2	3	8	1	9	4	6
6	1	4	2	7	9	8	3	5
3	9	8	6	4	5	7	1	2
2	3	5	4	6	8	1	7	9
1	8	7	9	5	3	6	2	4
4	6	9	1	2	7	5	8	3

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day

Chicken and Rice Dinner

INGREDIENTS:

1 broiler/fryer chicken, cut up
1/4 to 1/3 cup (50 to 75 ml) all-purpose flour
2 tbsp (25 ml) vegetable oil
2-1/3 cups (575 ml) water
1-1/2 cups (375 ml) Uncooked long grain rice
1 cup (250 ml) milk
1 tsp (5 ml) salt
1 tsp (5 ml) poultry seasoning
1/2 tsp (2 ml) pepper
Chopped fresh parsley

METHOD:

1. Dredge chicken pieces in flour. In a large skillet, brown chicken on all sides in oil over medium heat.
2. In a large bowl, combine the next six ingredients. Pour into a greased 13-in. x 9-in. x 2-in. (33 cm x 23 cm x 5 cm) baking dish. Top with chicken.
3. Cover lightly with foil and bake at 350 F (180 C) for 55 minutes or until rice and chicken are tender. Sprinkle with parsley before serving.

SERVES 6

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
You may feel hard done by when things don't work out as you expected, but don't lose heart — overall, you're travelling in the right direction.

TAURUS ♉
APRIL 21-MAY 21
One very small problem is giving you a very big headache at the moment. Take that as a cosmic hint to focus on the things that really matter.

GEMINI ♊
MAY 22-JUNE 21
The cosmic setup urges you to make a serious attempt to change certain aspects of your lifestyle. It likely won't be as difficult or painful as you think.

CANCER ♋
JUNE 22-JULY 22
Someone you trusted may have let you down but you must not entertain thoughts of revenge. The worst possible thing you can do now is to start a feud.

LEO ♌
JULY 23-AUG 23
The sun in your sign makes you wonderfully confident and if you feel you've missed out in some way you'll make up for it over the next 24 hours.

VIRGO ♍
AUG 24-SEPT 22
Something you thought was finished will return to annoy you and likely it's your fault. The matter won't rest until you deliver what's expected of you.

LIBRA ♎
SEPT 23-OCT 23
No matter what losses you may have suffered of late, they took place for a reason. Your task now is to find out what that reason is and to learn from it.

SCORPIO ♏
OCT 24-NOV 22
The planets warn if you carry on at your present pace you risk doing yourself serious damage. There is no point running yourself into the ground.

SAGITTARIUS ♐
NOV 23-DEC 21
The sun in Leo is a great omen for those born under the sign of the Archer and you're certainly having a good time. But get serious about your work.

CAPRICORN ♑
DEC 22-JAN 20
What you thought was bad news yesterday may well turn out to be good news today. Once again you seem to have assumed the worst.

AQUARIUS ♒
JAN 21-FEB 18
Sometimes you wonder why you put up with certain people and you'll feel that way today. But don't be too eager to bring a relationship to an end.

PISCES ♓
FEB 19-MARCH 20
What happens today will remind you that love cannot be bought or sold at any price. You are wealthy beyond measure in what really matters.

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BY TRICKY RICKY KANE

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

1. Anaheim NHLers' hockey disks (1)
2. Actress Crawford was stellar (1)
3. Poetically, below molars (1)
4. Egyptian capital novice (2)
5. Elm Street Freddy's German pistols (2)
6. Small-minded actress Mia (2)
7. NBA great Magic's TV dinners (2)

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ANSWERS
1. DUCKS PUCKS 2. JOAN SHONE 3. NEATH TEETH 4. CAIRO TYRO 5. KRUEGERS LUGERS 6. NARROW FARROW 7. JOHNSONS SAVANSONS

8-18-09

This day in history

AUG. 18, 1903: German engineer Karl Jatho allegedly flies his self-made, motored gliding airplane four months before the first flight of the Wright Brothers.
AUG. 18, 1941: Adolf Hitler orders a temporary halt to Nazi Germany's systematic euthanasia of the mentally ill and the handicapped due to protests.
AUG. 18, 1958: Vladimir Nabokov's controversial novel Lolita is published in North America.
AUG. 18, 1977: Steve Biko is arrested at a police roadblock in King William's Town, South Africa. He would later die of the injuries sustained during this arrest, thus bringing attention to South Africa's apartheid policies.

METRO NEWS SERVICES

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